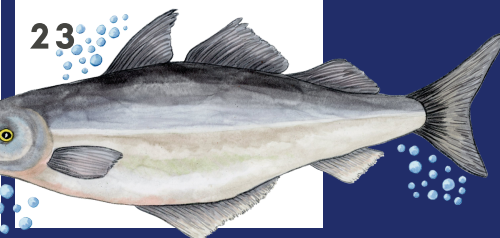
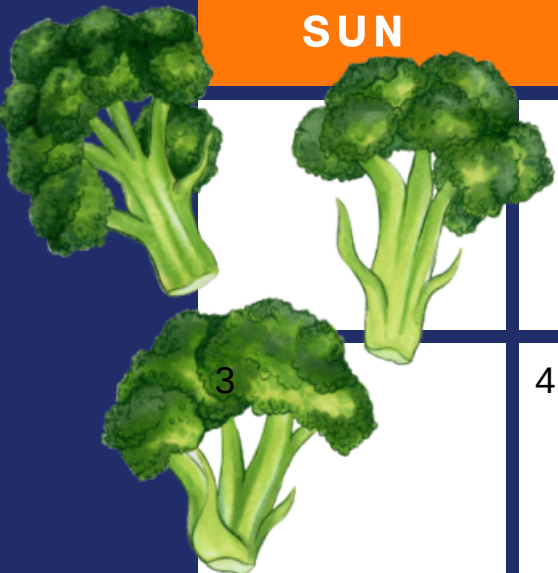



OCTOBER 2021: FARM TO SCHOOL MONTH!



This week, let's promote and celebrate School Meals for All!
Download the Full Plates Full Potential Toolkit for prompts and activities.

October is National Farm to School Month, a time to celebrate the connections happening all over Maine between children and local food! Celebrate National Farm to School Month with these fun activities.

SUN	MON	TUE	WED	THU	FRI	SAT
1					1 Serve a local food for a healthy snack.	2
3	4 Visit a farm, orchard or pumpkin patch with your students.	5 Plant seeds and watch them grow!	6 Pledge to participate in Harvest of the Month!	7 Visit a farmers market.	8 Propose adding Farm to School and/or local purchasing policies to your District Wellness Policy.	9
	11 Indigenous People's Day Download resources from NH's HOM program.	12 Maine Dairy in Maine Schools presentation with Farm to School Network.	13 Learn about the advocacy and history of securing school meals for all.	14 Share your school meals for all photos with #SchoolMealsMatterToME	15 Attend the Full Plates lunch and learn. 	16
	18 Connect with a local farmer and work to build a positive relationship.	19 Conduct a taste test of a new food or recipe.	20 Invite a classroom at your school to take a field trip through the school kitchen.	21 Download some of the Harvest of the Month recipes and use in your kitchen.	22 Participate in the Fishermen Feeding Mainers program- free fish!	23
24	25 Make a bulletin board celebrating farmers and local food.	26 Watch the farm and sea to school culinary videos on the Child Nutrition website.	27 Adapt your favorite school recipe to include at least 3 local ingredients.	28 Download the forward contract material and plan ahead with your local farmer.	29 Visit the Maine Farm to School and School Garden Network pages for helpful resources.	30
31						

